



# ACADEMY HEALTH CLUB CARDIO CLASSES

C = CARDIO; P = POOL; G = GYM

**MONDAY 31<sup>ST</sup> AUGUST – SUNDAY 4<sup>TH</sup> OCTOBER 2020**

S = STUDIO; O = OUTSIDE

Level 1 (L1) Classes are introductory or lower intensity. If you are new to the Academy Health Club L1 Classes are a great starting point!



CLASSES AVAILABLE TO ACADEMY FULL MEMBERS (COMPLIMENTARY) & NON-MEMBERS £6.25 BOOKING ADVISED - SPACES LTD. CALL 01278 785909 TO BOOK

ACADEMY 1.1" SPORTS COACHING, HEALTH & WELLNESS PROGRAMS, FITNESS CONCEPTS UNIQUE TO YOU. CONTACT RECEPTION FOR FURTHER DETAILS

## BOUNCE BACK TO FITNESS MENU!

### Monday

- 9:10 - 10:00 am Fitness Pilates (C) Inst. Tracey (Level 1-2)
- 10:10 - 11:00 am Evergreens (50+ Shape & Tone) (C) Instructor Stuart (Level 1-2)
- 10:15 - 11:00 am Spinning (S) Instructor Tracey (Level 1-3)
- 11:10 - 12:00 pm Evergreens (50+ Shape & Tone) (C) Instructor Tracey (Level 1-2)
- 5:00 - 5:45 pm Strength, Balance, & Flexibility 4 Sport (C) Instructor Richard (Level 1-2)
- 6:00 - 6:45 pm Spin (S) Inst. Richard (Level 1-3) or 6:00 - 6:50 pm Yoga (C) Instructor Naomi (L1 - L2)
- 6:00 - 6:30 pm Swim Lesson for Adult Beginners/Int (P) (L1)
- 6:35 - 7:25 pm Aquafit (shallow) (P) Instructor Tori (L1-L2)
- 7:00 - 7:50 pm HIIT Legs Bums N Tums Instructor Jeannie (Level 1-3)
- "NEW CLASS FOR SEPTEMBER"** 8:00 - 8:50 pm Pilates Instructor Jeannie (Level 1-3)
- "NEW CLASS FOR SEPTEMBER"** 8:30 - 9:30 am Adult Swim Fitness & Masters (P) Instructor Sara (Level 2-3)

### Tuesday

- 9:00 - 9:30 am Swim Lesson for Adult Beginners/Int (P) (Level 1)
- 9:00 - 9:45 am Gym Circuits (G) Instructor Paul (Level 1- 2)
- 10:00 - 10:45 am Studio Circuits (C) Instructor Paul (Level 1- 2)
- 11:00 - 11:50 am Aquafit (Deep water) (P) Instructor Tori (Level 1- 2)
- 5:00 - 5:45 pm PowerFit (C) Instructor Richard (Level 2-3)
- 6:00 - 6:45 pm Spin (S) Inst. Rich (Level 1-3) or 6:00 - 6:50 pm Pilates Instructor Jeannie (C) (Level 1-2)
- 7:00 - 7:45 pm Spinning (S) Instructor Martin (Level 1-3) or 7:00 - 7:50 pm HIIT (C) Instructor Jeannie (Level 2-3)

### Wednesday

- 9:15 - 10:00 am Spinning (S) Instructor Paul (Level 1-2)
- 10:10 - 11:00 am Strength N Tone (C) Instructor Paul (Level 1)
- 11:10 - 12:00 pm Core N Stretch (C) Instructor Paul (Level 1)
- 6:15 - 7:00 pm Spinning (S) Instructor Richard (Level 1-3) or 6:15 - 7:15 pm Gym Circuits (G) Instructor Martin (Level 1-3)
- 6:15 - 7:00 pm Cardio Blast with Step, Kettlebells & More! (Level 2-3)
- 7:15 - 8:00 pm Pilates (C) Instructor Jeannie (Level 1-2)

### Thursday

- 8:30 - 9:00 am Stroke Technique Class (P) Instructor Tracey Level 1-2
- 9:15 - 10:00 am PowerFit (C) Instructor Tracey (Level 1-3)
- 10:10 - 11:00 am Evergreens (50+ Shape & Tone) (C) Instructor Tracey (Level 1-2)
- 11:10 - 12:00 pm Fitness Pilates (C) Instructor Tracey (Level 1)
- 2:15 - 3:15 pm Strength N Tone (C) Instructor Paul (Level 1)
- 6:00 - 6:45 pm Spinning (S) Instructor Richard (Level 1-3)
- 6:00 - 6:50 pm Yoga (C) Instructor Helen (Level 1-2)
- 7:00 - 7:50 pm HIIT Strength (C) Instructor Jeannie (Level 2-3)

### Friday

- 9:15 - 10:00 am Spinning (S) Instructor Martin (Level 1-3)
- "NEW CLASS FOR SEPTEMBER"** 10:15 - 11:00 am Spinning (S) Instructor Paul (Level 1 - 3)
- 10:00 - 11:00 am Pilates (C) Instructor Jeannie (L1-L2)
- 11:00 - 11:50 am Aquafit (shallow water) (P) Instructor Tori (L1-L2)
- 5:30 - 6:20 pm Pilates (C) Instructor Jeannie (Level 1-2)
- "NEW CLASS FOR SEPTEMBER"** (Starts Sept 11<sup>th</sup>) 6:30 - 7:30 pm Zumba (C) Instructor Victoria (Level 1-3)

### Saturday

- 7:30 - 8:30 am Adult Swim Fitness & Masters (P) Instructor Nic (Level 2-3)
- 8:00 - 8:45 am Spinning (S) Instructor Richard (Level 1-3)
- 8:30 - 9:00 am Swim Lesson Adult Beginners/Intermediates (P) Instructor Georgia (Level 1)

### Sunday

- 10:00 - 11:00 am Fitness Pilates (C) Instructor Helen (Level 1-2)

Swim & Sport Special – Enjoy a swim after your “pay as you go class” for only £2.00 Classes included in this offer are denoted with



To ensure Social Distancing Class sizes have been reduced. Pre-Bookings are required.



Call 01278 785909 to reserve your space.

